CLAIMS

1. A biofeedback system comprising:

a cellular telephone device, including

an embedded biofeedback measuring device,

a data processor, and

a user interface including a display screen;

first computer readable program code for controlling the biofeedback measuring device in measuring one or more biofeedback signals; and

second computer readable program code for producing a display on the display screen based on the one or more measured biofeedback signals.

2. A biofeedback system comprising:

a biofeedback device configured to measure biofeedback signals of a user and communicate information about the biofeedback signals to a remote receiver; and

a cellular telephone device configured to receive the information about the biofeedback signals and produce a visual display related to the information on a display screen.

3. The biofeedback system of claim 2 wherein the biofeedback device and the cellular telephone device contain complementary radio communication circuits for communicating the information about the biofeedback signals.

4. The biofeedback system of claim 3 wherein the complementary radio communication circuits comprise Bluetooth transceivers.

5. A biofeedback system comprising:

a biofeedback device configured to measure biofeedback signals of a user and communicate information about the biofeedback signals to a remote receiver;

a server configured to receive the information about the biofeedback signals and store data related to the information for access and processing by other equipment; and

a cellular telephone device configured to receive the data related to the information from the server and produce a visual display based on the data on a display screen.

6. The biofeedback system of claim 5 further comprising:

first computer readable program code stored on the biofeedback device for controlling the biofeedback device in measuring one or more biofeedback signals of a user; and

second computer readable program code stored on the cellular telephone device for producing a display on the display screen based on the one or more measured biofeedback signals.

7. The biofeedback system of claim 5 further comprising:

a menu system navigable by the user to obtain additional information based on contents of the display screen.

8. A biofeedback method comprising:

measuring a biofeedback signal of a user; and

displaying information based on the biofeedback signal on a display screen of a cellular telephone device.

9. The method of claim 8 wherein measuring the biofeedback signal comprises detecting the biofeedback signal at electrodes on the surface of the cellular telephone device when the cellular telephone device is grasped by the user.

10. The method of claim 8 further comprising:

displaying on the display screen an illustration showing application of a biofeedback measuring device to a user body portion for taking a biofeedback measurement;

measuring the biofeedback signal; and

displaying on the display screen the information based on the biofeedback signal after measuring the biofeedback signal.

11. The method of claim 8 further comprising:

communicating data about the biofeedback signal to a remote server for storage;

communicating the data about the biofeedback signal to the cellular telephone device; and

displaying the information on the display screen based on the communicated data.